What is claimed is:

1. An aqueous pigment paste free from binders and grinding resins, comprising based on its overall amount

   (A) from 15 to 40% by weight of at least one metal pigment,

   (B) from 0.45 to 0.75% by weight of at least one nonassociative thickener comprising at least one methacrylate copolymer based on C_1-C_6 alkyl (meth)acrylate and (meth)acrylic acid,

   (C) from 0.1 to 0.4% by weight of at least one organic amine,

   (D) from 0.5 to 8% by weight of at least one nonionic surfactant, and

   (E) at least 50% by weight of water.

2. The paste as claimed in claim 1, wherein the thickener (B) contains in copolymerized form at least two different C_1-C_6 alkyl (meth)acrylate monomers.

3. The paste as claimed in either of claims 1 and 2, wherein the thickener (B), based on its overall amount, contains from 40 to 60% by weight of methacrylic acid in copolymerized form.

4. The paste as claimed in any of claims 1 to 3, wherein the organic amine (C) is selected from the group of the tertiary amines.

5. The paste as claimed in claim 4, wherein the tertiary amine (C) is selected from the group of the hydroxylalkylamines.

6. The paste as claimed in claim 5, wherein the hydroxyalkylamine (C) is dimethylethanolamine.

7. The paste as claimed in any of claims 1 to 6, wherein the metal pigment (A) is an aluminum pigment.

8. The paste as claimed in any of claims 1 to 7, comprising based on its overall amount at least 52% by weight, in particular 54% by weight, of water.

9. The paste as claimed in any of claims 1 to 8, comprising based on its overall amount

(A) 34% by weight of an aluminum pigment,

(B) 0.53% by weight of a nonassociative thickener comprising at least one methacrylate copolymer based on C_1-C_6 alkyl (meth)acrylate and (meth)acrylic acid,

(C) 0.22% by weight of an organic amine,

(D) 0.61% by weight of a nonionic surfactant, and

(E) 54% by weight of water.

10. The use of an aqueous pigment paste free from binders and grinding resins, as claimed in any of claims 1 to 9, for preparing aqueous effect, or color and effect, coating materials.

11. The use as claimed in claim 10, wherein the aqueous coating materials are aqueous basecoat materials.

12. The use as claimed in claim 10 or 11, wherein the aqueous coating materials serve for producing multicoat effect, or color and effect, paint systems.

13. A process for preparing an aqueous effect or color and effect coating material by mixing at least one pigment paste with at least one aqueous mixing varnish comprising at least one water-soluble

and/or -dispersible binder and homogenizing the resulting mixture, which comprises using at least one aqueous pigment paste free from binders and grinding resins, as claimed in any of claims 1 to 9, in an amount such that the resulting aqueous effect or color and effect coating material comprises based on its overall amount

- from 0.1 to 6% by weight of at least one metal pigment (A),

- from 0.05 to 2% by weight of at least one non-associative thickener (B) comprising at least one methacrylate copolymer based on C_1-C_6 alkyl (meth)-acrylate and (meth)acrylic acid, and

- from 0.02 to 2.4% by weight of at least one nonionic surfactant (D).

14. The process as claimed in claim 13, wherein the binder is selected from the group consisting of random, alternating and block, linear, branched, and comb addition (co)polymers of ethylenically unsaturated monomers or polyaddition resins and/or polycondensation resins.

15. The process as claimed in claim 14, wherein the addition (co)polymers of ethylenically unsaturated monomers are selected from the group consisting of

(meth)acrylate (co)polymers and partially hydrolyzed polyvinyl esters, especially (meth)acrylate copolymers, and the polyaddition resins and/or polycondensation resins are selected from the group consisting of polyesters, alkyds, polyurethanes, polylactones, polycarbonates, polyethers, epoxy resin-amine adducts, polyureas, polyamides, polyimides, polyester-polyurethanes, polyether-polyurethanes, and polyester-polyether-polyurethanes, especially polyester-polyurethanes.